

Philmont Personal Gear List for the Trail

	Check	Double Check		Comments:	
Packing	<input type="checkbox"/>	<input type="checkbox"/>	pack with padded hip belt	The sizes listed are suggested. A pack smaller in size than this will necessitate strapping more gear to the outside of the pack, leading to wet or possibly lost gear. Make sure the frame has "load lifter straps."	
			Capacity: External frame - at least 4000 cubic inches Internal frame - at least 4800 cubic inches		
	<input type="checkbox"/>	<input type="checkbox"/>	pack cover - waterproof nylon	Must be large enough to cover entire pack and any gear attached to pack. Re-coat before Philmont if needed. NO PLASTIC BAGS!	
	<input type="checkbox"/>	<input type="checkbox"/>	6 to 12 extra 1-gallon "zip lock" bags	Used to carry anything wet or messy while on the trail.	
	<input type="checkbox"/>	<input type="checkbox"/>	2 to 3 pairs extra pack straps	Use to strap tent, crew rain-fly, or any other equipment to pack. NO BUNGEE CORDS!	
Sleeping	<input type="checkbox"/>	<input type="checkbox"/>	lightweight sleeping bag rated 20 to 30 degrees	Mummy style bag. No more than 3 to 4 pounds. Rolled size should be no larger than 10"x20". Prefer synthetic fill (provides warmth when wet). Extra precautions must be made with goose-down bags to keep them dry (provide NO warmth when wet).	
	<input type="checkbox"/>	<input type="checkbox"/>	waterproof stuff sack lined with a heavy plastic bag	Use "compressor" style bag to decrease packed volume.	
	<input type="checkbox"/>	<input type="checkbox"/>	small "backpackers pillow" or fleece stuff sack	Optional. Stuff a stuff-sack with clothes to make your pillow.	
	<input type="checkbox"/>	<input type="checkbox"/>	foam sleeping pad	Only closed cell foam or "Therm-A-Rest" type pad.	
	<input type="checkbox"/>	<input type="checkbox"/>	sleep clothes	T-shirt & gym shorts. Worn only in sleeping bag. Pack in zip-lock bag.	
	<input type="checkbox"/>	<input type="checkbox"/>	small flashlight with fresh batteries and bulb	LED or AAA only. Start trek with fresh batteries. DO NOT carry extras.	
	<input type="checkbox"/>	<input type="checkbox"/>	2 pair pack straps for sleeping bag and pad	In addition to extra straps listed above.	
Clothing	PACK ALL CLOTHING IN INDIVIDUAL ZIP-LOCK BAGS TO KEEP THEM DRY AND CLEAN				
	Layer A (Hiking Clothes)				
	<input type="checkbox"/>	<input type="checkbox"/>	hiking boots - well broken in to <u>YOUR</u> feet	All leather or leather & nylon. Waterproof before the trip with "AquaSeal", etc.	
	<input type="checkbox"/>	<input type="checkbox"/>	lightweight sneakers or tennis shoes	Must be suitable for trail use if boots get wet, blisters develop, etc. Pack in plastic "grocery bags" to protect the rest of your pack from dirty or wet shoes.	
	<input type="checkbox"/>	<input type="checkbox"/>	2 pair heavy wool socks	Absorb shock, reduce friction, and wick sweat away from feet.	
	<input type="checkbox"/>	<input type="checkbox"/>	3 pair lightweight ultra-thin liner socks	Wick sweat away and reduce friction. Recommend Cool-Max. NO COTTON.	
	<input type="checkbox"/>	<input type="checkbox"/>	3 pair underwear	Recommend Cool-Max. If your hiking shorts have mesh liners, you will not need these.	
	<input type="checkbox"/>	<input type="checkbox"/>	2 pair hiking shorts	Lightweight nylon cargo shorts or gym shorts. NO COTTON. If your shorts have zip-on legs, bring the legs and use for both long pants and hiking shorts.	
	<input type="checkbox"/>	<input type="checkbox"/>	2 short sleeve T-shirts	Shirts should be light-colored. Prefer Cool-Max. Cotton shirts will more than likely be ruined at the end of the trip.	
	<input type="checkbox"/>	<input type="checkbox"/>	hat or cap with wide brim	A MUST. Recommend a round, full brimmed, floppy hat.	
	Layer B (Cool Evening Clothes)				
	<input type="checkbox"/>	<input type="checkbox"/>	1 long sleeve shirt or pull-over (polar-fleece or wool)	Will be worn when in camp.	
	<input type="checkbox"/>	<input type="checkbox"/>	1 pair long pants	Nylon or equivalent. NO JEANS or cotton pants. If your hiking shorts have zip-off legs, bring the legs.	
	<input type="checkbox"/>	<input type="checkbox"/>	1 pair polypropylene long underwear	Mandatory for treks with high elevation camps.	
	Layer C (Cold Weather Clothes)				
	<input type="checkbox"/>	<input type="checkbox"/>	1 sweater or jacket (wool or polar-fleece)	Optional - Can use rain jacket for warmth (IF DRY!).	
	<input type="checkbox"/>	<input type="checkbox"/>	1 stocking cap	Wool or polar-fleece	
	<input type="checkbox"/>	<input type="checkbox"/>	1 pair glove liners or mittens	Wool or polar-fleece	
	Layer D (Wet)				
	<input type="checkbox"/>	<input type="checkbox"/>	1 sturdy rain suit or poncho (nylon - no PVC or plastic)	A cheap plastic rain suit or poncho will ruin your trip. Look at Red Ledge or Frogg Toggs for inexpensive rainwear.	
	Eating	<input type="checkbox"/>	<input type="checkbox"/>	cup - measuring style helpful	Can use bowl as cup also, eliminating more weight.
		<input type="checkbox"/>	<input type="checkbox"/>	small tooth brush (BB)	Store with eating gear. That is when you will use it.
<input type="checkbox"/>		<input type="checkbox"/>	mesh dunk-bag	Optional. Use to store cup and toothbrush together.	
<input type="checkbox"/>		<input type="checkbox"/>	3 quart (liter) minimum water carrying capacity in canteens	Nalgene or similar, or Platypus-type. Water bottles MUST be STURDY. No "Evian" type throw-away water bottles.	
Personal & Misc.	<input type="checkbox"/>	<input type="checkbox"/>	3 bandannas	Have too many backcountry uses to list here.	
	<input type="checkbox"/>	<input type="checkbox"/>	small towel	Nothing bigger than a kitchen tea towel or "pack towel".	
	<input type="checkbox"/>	<input type="checkbox"/>	lip balm (with SPF 15) (A) (BB)	High and dry climate will cause lips to crack and bleed if not protected	
	<input type="checkbox"/>	<input type="checkbox"/>	compass (A)(S)	Know how to use it before you get to Philmont.	
	<input type="checkbox"/>	<input type="checkbox"/>	50 feet 1/8 inch nylon rope (S)	Clothes line, hang pack off ground, etc.	
	<input type="checkbox"/>	<input type="checkbox"/>	duct tape (BB)	This stuff fixes almost everything from torn tents to blistered heels. Wrap 10-12 wraps of good quality duct tape around your "smellable" canteen. This makes the duct tape easily accessible when needed.	
	<input type="checkbox"/>	<input type="checkbox"/>	eye-care kit (if needed)	Lens solution, extra contact lenses, glasses, lens case	
	<input type="checkbox"/>	<input type="checkbox"/>	personal medications	IF ASTHMATIC, YOU MUST PROVIDE AN ADULT ADVISOR WITH ONE EXTRA NEW, FULL INHALER FOR EACH TYPE YOU USE. NO EXCEPTIONS!	
	<input type="checkbox"/>	<input type="checkbox"/>	money (10 to 20 \$1 bills)	You don't need any more than this on the trail.	
	Optional	<input type="checkbox"/>	<input type="checkbox"/>	hiking stick or trekking poles	It is easier to walk on 3 or 4 legs than on 2. Try it and you'll understand.
<input type="checkbox"/>		<input type="checkbox"/>	lightweight day-pack	Use for personal smellables, side-hikes. Your backpack's top may convert into a day-pack or fanny-pack.	
<input type="checkbox"/>		<input type="checkbox"/>	camera & film (BB)(S)(A)	Personal preference. Bring more film than you think you will use. If using a digital camera, make sure you have enough memory and batteries.	
<input type="checkbox"/>		<input type="checkbox"/>	note pad and pen (A)	Should be a mandatory item. Make notes of everything you do and see!	
<input type="checkbox"/>		<input type="checkbox"/>	pre-stamped postcards	You can mail postcards from most staffed camps and all backcountry commissaries.	
<input type="checkbox"/>		<input type="checkbox"/>	foam "sit upon" or small camp stool	There is nothing harder or dirtier than the ground after 10 days.	
<input type="checkbox"/>		<input type="checkbox"/>	2 or 3 mini-carabineers	Use to attach things to pack, to hang clothes line, to hang pack, etc.	
<input type="checkbox"/>		<input type="checkbox"/>	gaiters	Keep dirt and rocks out of your boots and act a rain pants in light showers.	
<input type="checkbox"/>		<input type="checkbox"/>	sunglasses	CHEAP. Suggested for hiking in open areas.	

(BB) - pack together in a plastic bag to place in bear bag at night (S) - share with a buddy (A) - easily accessible in pack or carry in pockets

ITEMS THAT APPEAR ON SOME LISTS AS PERSONAL GEAR THAT ARE ACTUALLY CREW GEAR - NOT PERSONAL GEAR - DO NOT PUT THESE ITEMS IN YOUR PACK AS PERSONAL GEAR

Do not pack as personal gear	DO NOT PACK	deep bowl - plastic	No metal bowls - just unneeded weight. 2008 crew gear.
	DO NOT PACK	heavy-duty soup spoon (unbreakable and light)	Lexan (light and unbreakable). No metal utensils. You will have no use for a fork - extra weight. 2008 crew gear
	DO NOT PACK	small pocket-knife or "Leatherman"	Only 1 or 2 knives are needed for the entire crew. The only thing a knife is needed for is for neatly opening food bags and cutting moleskin.
	DO NOT PACK	matches and/or lighter	Should be stored and carried with the backpacking stoves.
	DO NOT PACK	Philmont maps	Each crew needs two sets of Philmont sectional maps that cover the sections of the ranch covered by their itinerary.
	DO NOT PACK	biodegradable soap (Camp Suds) (BB)	Philmont provides each crew with enough Camp Suds for the entire trek. Use Camp Suds for dishes, clothes, hair, and body. No other soap is needed on the trail. A LITTLE CAMP SUDS GOES A LONG WAY!!!
	DO NOT PACK	toothpaste (BB)	2 or 3 travel-size tubes per crew is sufficient for the trek
	DO NOT PACK	sunscreen - at least SPF 15 (BB)	Only 1 or 2 small tubes of sunscreen are needed for the entire crew.
	DO NOT PACK	first aid kit (BB)	Only 1 WELL STOCKED first aid kit is needed for the entire crew. Know who is carrying the first aid kit at all times.

OTHER PERSONAL ITEMS NOT TO BRING ON THE TRAIL

DO NOT PACK	replacement batteries	install new batteries at base camp, use sparingly on the trail
DO NOT PACK	mirrors, razors, hairbrushes, deodorants, shampoos	
DO NOT PACK	leather or other heavy belt and buckle	
DO NOT PACK	any electronic devices	exception would be a GPSr - one per crew if desired
DO NOT PACK	extra shoelaces	put new laces in both boots and sneakers - use nylon rope for extra laces
DO NOT PACK	any 100% cotton clothing	
DO NOT PACK	wallet, keys, coins	
DO NOT PACK	extra food	

GENERAL GEAR COMMENTS

Before making any major personal gear purchases, spend some time thinking about your (or your Scout's) potential use of the equipment after Philmont is over. Are you going to continue backpacking? If so, how often? What kinds of trips? How many days will you usually be out? The answers to these questions need to be considered when deciding on the quality of equipment that you need to purchase.

Take some time to inspect the gear that others you know use for backpacking. Ask them questions. Would they buy that equipment again? What do they love about it? What do they hate about it? What would they change if they could? Do they wish that they would have purchased something different?

When purchasing equipment, be sure to check into the item's warranty. Some manufacturers warranty their equipment for the life of the product against defects in materials and workmanship (Kelty; Sierra Designs; Cascade Designs - Therm-A-Rest, Platypus; Outdoor Research; Gregory; just to name a few).

PACK AND PACKING COMMENTS

Books have been written on selecting the "right" pack. The number one rule of pack selection is to make sure that whatever pack you choose FITS YOU PROPERLY. Spend time in outdoor gear stores trying on different packs and learning how the packs adjust to fit different people. When you are ready to purchase a pack, have the pack fitted to you either by a knowledgeable salesperson or a friend with backpack fitting experience.

Gather your personal gear and practice packing your pack, trying different methods, until you find a packing system that works best for you. Keep in mind the items you might need access to in a hurry (rain gear, pack cover, canteen). Learn to use every cubic inch of space inside your pack. Once you have a packing system, DO NOT CHANGE IT! You should be so familiar with your pack that you are able to find anything in your pack in the dark with your eyes closed.

Load your pack with only the personal gear you plan on carrying on the trail at Philmont (minus one set of hiking clothes and boots), then take note of how much the pack weighs and how much room is left empty in the pack. Your pack should weigh no more 18 to 24 pounds with personal gear only, and should be only half-full or less. If your pack is almost full, you need to either change your packing method, or get a bigger pack. Remember, you must still add your part of your tent, your share of the crew gear & food, and your water to the pack.

When purchasing a backpack rain cover, make sure the cover you choose will completely cover your pack when fully loaded with sleeping bag, sleeping pad, and room for extra gear. It is better to buy a cover that is too big rather than too small.

Do not use "bungee cords" for pack straps! Purchase 1/2" to 1" wide straps 24" to 30" long with adjustable buckles. It is a good idea to have 3 or 4 sets of straps for your sleeping bag, sleeping pad, and any other equipment you may need to attach to the outside of your pack.

SLEEPING GEAR COMMENTS

Learn to take extra care of your sleeping bag and sleeping pad. They are your last line of defense against hypothermia. It is wise to hang your bag out daily (weather permitting). This allows the moisture caused by perspiration to dry completely, and allows the sleeping bag fill to "fluff" back out. If you do hang your bag out, DO NOT leave camp without storing the bag back inside your tent first.

The stuff sack that comes with most sleeping bags IS NOT waterproof. It can be made somewhat waterproof by seam-sealing the seams and Scotch-Guarding the fabric. A waterproof stuff sack can be purchased that will fully protect your bag from water. Waterproof "compressor bags" are available. These bags will compress stuffed sleeping bag size down tremendously. Some people pack their sleeping bag inside 2 waterproof stuff sacks, or line their waterproof stuff sack with a heavy plastic bag for added protection.

Scouts should always bring clothes specifically for sleeping in. These clothes are only worn in the tent and should be packed in individual zip-lock bags to keep them dry. Sleep clothes are used to prevent Scouts from having "smellable" clothing inside their tent. All "smellable" clothing should be bear-bagged nightly.

CLOTHING COMMENTS

Zip Lock Bags - Every item of clothing to be packed needs to be packed in its own zip-lock bag. Always use the heavier "freezer" bags and take care not to damage the bags. Packing clothes this way is the best way to keep clothes from getting wet, and keeps dirty clothes away from clean clothes. A large 1-gallon zip-lock bag makes a great clothes washer while on the trail.

Hiking Boots - Inexpensive, lightweight, leather and nylon hiking boots are an option for Scouts who's feet are still growing (one Philmont trek might be the lifespan of these boots). If the Scout's feet have stopped growing, you may decide to purchase a more expensive waterproof boot. If you must purchase boots before Philmont, purchase them 3 to 4 months ahead of time. **When trying on and buying boots, ALWAYS wear the socks you will be wearing when hiking.** With 3 to 4 months left before your Philmont trek, you should begin wearing your boots daily for at least a couple of hours. This will insure proper breaking-in of new boots, and will toughen any "hot spots" on your feet before you are on the trail.

Socks - this may be a more important choice and purchase than hiking boots. DO NOT SCRIMP on your hiking sock and liner purchase. The right socks or combination of socks will prevent blisters while hiking. Most hikers use a combination of a heavy wool or wool blend outer sock along with a light, thin polypropylene or CoolMax liner sock to wick perspiration away from the foot. You should experiment with different types and combinations to find out what feels and works best for you. It is a good idea to have 2 pair of heavy socks and 3 pair of liner socks. This allows you to be able to put on dry socks as needed, and hang the wet socks on your pack or clothesline to dry.

Evenings and nights at Philmont can get cold. Do not leave your fleece jacket, hat, and liner gloves behind. Many Scouts sit around the Philmont Story Campfire shivering because they didn't bring their warm clothing.

If you go to Philmont, sooner or later you are going to get rained on, often HARD. Good raingear is essential. If using a rain poncho, also bring a light jacket and pants that are wind and rain resistant. A good waterproof rain suit (jacket with hood and pants) is another choice. There are many manufacturers that now make very affordable waterproof/breathable jackets and pants (Red Ledge, Frogg Toggs, Campmor, etc.). A rain suit also acts as another layer of clothing in cold conditions.